

## Dehydration & Juicing Cooking Class

Saturday, August 25th, 10 am

When talking about dehydrated foods, for many people, the first thing that comes to mind is dried fruit. However, the process of dehydration can yield so much more! In the same way, proper juicing techniques can produce a variety of healthy, nutrient-packed foods. Come to this cooking class to see how much you can make using these two simple techniques!

**On the menu:** Carrot Juice, Pumpkin Juice, Almond Milk, Bloody Mary Juice, Black Pepper Cream Cheese, Almond Cheese, Horseradish Cream Cheese, Garlic Fennel Cream Cheese, Carroty Crackers, Pumpkin Crackers, Zesty Tomato Crackers, Borscht Crackers, Raw Borscht, Fruit Snacks, and Whey Dill Pickles.

*The price for this class is \$25 per person. Call 610-847-1941 to sign up!*

## Cool Summertime Treats

The scorching summer heat may leave you craving nothing more than three scoops of your favorite chilly summertime treat. However, most ice cream is loaded with sugar, high fructose corn syrup, artificial flavorings, and hydrogenated oils. Here are some healthier, but equally as delicious, options:



### Banana Whip

This frozen treat is super simple to make. All you need are some frozen bananas and a food processor, a high-speed blender, or, for a super creamy consistency, a Yonanas machine ([www.yonanas.com](http://www.yonanas.com)). Process your frozen bananas until smooth, and top with your favorite fruits or nuts. It's so simple, yet so delicious!

### Fruit Smoothie

Smoothies don't have to serve only as a healthy alternative to breakfast. Whip up your favorite frozen fruits for a flavor-packed treat that will cool you off on even the hottest of days. Try mixing a frozen banana with strawberries and coconut milk for a tropical vibe, or assorted frozen berries with some Greek yogurt and almond milk for an antioxidant-packed berry blast!



### Homemade Sorbet

That's right, you can make your own sorbet! For a refreshing Strawberry Sorbet, just mix 5 parts pureed strawberries to 1 part honey or agave nectar, add a splash of lemon juice, and freeze! For the proper consistency, you may use an ice cream maker, or freeze fully on a baking pan, thaw slightly, and then blend until smooth.



## Massage Minute: August's Therapeutic Body Wrap

### Hydration Happiness

Do you have dry and peeling skin from summer sunburn? Refresh and hydrate your skin with a soothing full-body exfoliation and hydrating wrap. You will feel relaxed and renewed, leaving your skin dewy and fresh.

One 90-minute body wrap costs \$140. Call 610-847-1941 to schedule your appointment with Adrienne!

